



Coaching the Artist Within: Advice for Writers, Actors, Visual Artists, and Musicians from America's Foremost Creativity Coach

Eric Maisel

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Creativity Coaching Essentials shows people how to become more effective creators by guiding them through 12 self-coaching lessons. Eric Maisel, a leading creativity coach, writes each lesson with a novelist's flair, as a narrative complete with examples, exercises, and questions to help readers explore and reflect on underlying issues that may be keeping them from pursuing their urge to create. Topics include committing, planning and doing, generating mental energy, achieving a centered presence, becoming an anxiety expert, upholding your dream, and maintaining a creative life. Maisel has worked extensively with creative people — poets, filmmakers, novelists, dancers — and he revisits some of them in coaching sessions in San Francisco, Paris, London, and New York. Typical are the rock musician who wants to pursue a solo career and the screenwriter anxious to become a poet. Their examples both entertain and instruct, outlining how to discover one's personal muse — and the motivation to keep creating.

Coaching the Artist Within: Advice for Writers, Actors, Visual Artists, and Musicians from America's Foremost Creativity Coach Details

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Rachel says

Interesting creativity book. While I enjoyed reading it and did learn a number of new things, this was more theoretical than get-your-hands-dirty. Too many exercises involved journaling about the chapter topic, and the instructions for creating a life purpose statement were very shallow compared to other sources (Steve Pavlina comes to mind). On the other hand, I love (and now use) the CENTER mantra and I like his focus on living a meaning-driven life. This is worth a peek, although it isn't a life changing creativity book.

Harley says

An excellent book about being your own self-coach. Eric Maisel shares 12 principles for living the creative life. Maisel has coached writers, artists, actors and other creative people. He shares stories from his coaching experience to illustrate his key points. Coaching is a very new field of endeavor and creative coaching is even newer. I recommend this book to anyone interested in coaching and/or creativity.

Djrmel says

Maisel has a pretty cool job, coaching and teaching people to coach writers, painters, actors and other creative types. He's written a lot of books about what stops us from creating, how to get deep down to the part of us that doesn't judge our work before we ever set pen to paper, and most importantly, that creation is Work. It's not magic, it's not a "either you have it or you don't" ability, and it's not easy. Coaching the Artist Within covers all the roadblocks, self made and external, that we allow to get in our way so that we don't have to do the work. I've got several of Maisel's other books, but this is the one that speaks to me when I need a kick in the butt.

Cathy Carpenter says

I enjoy Eric Maisel's books. This one was inspiring, motivating, and validating. I would recommend him to anyone wanting insight in his/her creative process or support on the creative path.

Aubrey says

Good tips and tools here.

Darius, Let's Sandbox says

Eric Maisel is the father of creativity coaching, a prominent thinker/commentator on the themes of creativity and its cultivation, also an author of over a dozen books. His book 'Coaching the Artist Within' is a useful and practical guide for both an experienced and an aspiring creative. It teaches how to coach yourself to discover your life's purpose, learn to create in the midst of chaos and handle such common creative life challenges as fear, doubt and procrastination.

My favourite chapters were on defining life's purpose and making meaning. In fact, I borrowed both terms, further developing them on my blog:

<http://letssandbox.com/2014/06/23/dec...>

Lisa King says

Eric Maisel is the foremost creativity coach out there and the core of his coaching is contained within the covers of this book. There are twelve skills that Mr. Maisel teaches us:

1. Becoming a Self-Coach
2. Passionately Making Meaning
3. Getting a Grip on Your Mind
4. Eliminating Dualistic Thinking
5. Generating Mental Energy
6. Creating in the Middle of Things
7. Achieving a Centered Presence
8. Committing to Goal-Orienting Process
9. Becoming an Anxiety Expert
10. Planning and Doing
11. Upholding Dreams and Testing Reality
12. Maintaining a Creative Life

For each skill, he gives you a series of exercises to work through and anecdotes to help illustrate his points. The skill I can most benefit from is Skill Four: Eliminating Dualistic Thinking. The anecdote that resonated with me most for Helga's in Skill Ten: Planning and Doing.

This book is well worth reading especially if you find yourself blocked. I was blocked for many years until last year when, after much artist self-help book reading and contemplation, I broke through my block and started painting again. If I had found this book earlier, oh say five years ago, perhaps I would have worked through my anxieties about creating art. Ah well, better late than never.

Recommend.

Dee Renee Chesnut says

C-Completely Stop
E-Expect Nothing
N-Name my Work
T-Trust Resources
E-Embrace the moment
R-Return with Strength
CENTER

Sarah White says

Eric Maisel bills himself as the nation's foremost creativity coach and, in fact, the founder of the field. His books guide creative people who may be stalled out to discover what's holding them back and to do the work that needs to be done.

This book guides readers to do the work of a creativity coach for themselves, offering lessons and steps that need to be taken to become a person who creates passionately and purposefully. It takes a lot longer to do than the time it will take to read the book, but the lessons will stay with you and hopefully teach you how to talk to yourself so you can get your creative work done.

Aberjhani says

It turns out that *Coaching the Artist Within* by Eric Maisel is not the kind of book that you read, reflect on how much you enjoyed it, then stick it somewhere on a shelf of favorites. For writers, actors, artists, musicians, and others who are serious about their creative pursuits, it's the kind of book that you keep within reach to help you more fully understand the nature of what you're dealing with as a creative artist.

Too many who place themselves on the perilous path of some form of creative artistry as a profession tend to fall deeply in love with the creative part of the work while neglecting other equally important areas of it, such as maintaining inspiration, obtaining funding for projects, remaining true to creative ideals, and balancing the artistic with the practical.

In short, Maisel provides in very lucid and entertaining prose, information, concepts, and inspiration for the average creative artist to apply to his or her life in such a way that it makes a significant positive difference.

Aberjhani

Ginny Kaczmarek says

Some compelling, hands-on techniques to support yourself in whatever creative endeavor you want to pursue. I especially liked the anxiety busters: how to spot when you're defeating yourself and what to do to move forward creatively.

I was a little put off by his vision of the artist-as-manic-depressive...as a good thing! I believe that creating art can be done in a healthy way that doesn't require manic episodes (or drugs or alcohol). That seems such an old-fashioned, outdated way of looking at creativity. True creativity ought to support, replenish, and benefit the artist, not tear her to pieces. This book seems to advocate for both, yet its supportive techniques seem interesting enough to try.

Elizabeth says

I've been reading a number of books dealing with the themes tackled in **COACHING THE ARTIST WITHIN**: artist fears, doubts, anxiety, blocks, stalled projects, etc. Maisel's book is a wonderful addition to my growing keeper shelf of books to reconnect with when the creative life becomes too much to bear, when I wonder why I bother at all, and when I start to think I'd be better off making widgets on an assembly line.

Maisel addresses the issues all artists face with plenty of compassion, but he doesn't sugar-coat the important issues, either. He makes it abundantly clear that hard work is needed to succeed, and he's not afraid to give artists a good kick in the behind to get them moving again. Perhaps most important of all is the way he encourages each of us to become our own creativity coaches. Empowering and motivating, **COACHING THE ARTIST WITHIN** is a must-read for anyone struggling to find meaning in his or her creative work. (A)

Elizabeth says

I did not love this book but it certainly gave me something to chew on. It's quite interactive and I definitely did not follow the activities. The activities and advice are interspersed with stories of Eric's experiences as a creativity coach which I found pretty interesting, though at one point I had to set the book aside for quite a while and come back to it, because I was losing interest. I think if you truly need this book, it could be revolutionary, but I found that a lot of what he had to say I already understood. It definitely got more interesting/challenging towards the end for me.

Barbara Conelli says

Coaching The Artist Within is the first book by Eric Maisel I've ever read. Recently I've been very interested in the obstacles, challenges and bumps in the road that artists generally face, and I find this book fascinating.

The book is divided into twelve chapters. Every chapter deals with one creative roadblock, such as being centered, committed to the creative process, dealing with anxiety or planning your creative endeavors. In every chapter you find a personal story of one of author's clients (Eric Maisel is a creativity coach who works with artists around the world).

The advice Eric shares in his book is, without doubt, very valuable, and helped me understand my own creative process in a much deeper way. But what I most appreciate about the book are the stories.

When facing challenges, artists often feel that they are stuck and alone, while others are able to create rather effortlessly. It's interesting to read about authors from different parts of the world and from different creative areas, who struggle with the same challenges, no matter how famous or successful they are. Artists are a very specific species, and it's very relieving to know that a best-selling novelist has the same fear and doubts as a novelist hoping to get her first book published.

I recommend the book to every artist who wishes to understand herself better, overcome the hurdles she's currently facing, and receive the support of Eric's expertise and wisdom, as well as be inspired by stories of fellow creative souls.

Tanja says

I was reading this just before we left for Paris and didn't finish it but what I did read was GREAT. I plan to buy this book but instead bought another one by this author first.

Anyone that has a creative job or is a creative person would get a few tips from this book. This helps you get organized and help yourself.

This author's slogan should be "help me help you".

This book was seriously more helpful than therapy.
